



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION SHALLOW WATER BLACKOUT PREVENTION DAY

- WHEREAS: A shallow water blackout is the loss of consciousness underwater due primarily to low levels of oxygen brought on by holding one's breath for extended periods of time. Without immediate rescue, an affected swimmer may quickly drown; and
- WHEREAS: Shallow water blackout results from hypoxia and may also lead to hyperventilation, which significantly decreases the amount of carbon dioxide in the body. Shallow water blackout can affect any individual practicing breath-holding; and
- WHEREAS: Shallow water blackout frequently occurs without warning. The hypoxia and detached mental state associated with shallow water blackout may lead to a euphoric state and therefore allow an individual to continue breath-holding; and
- WHEREAS: Shallow water blackout is most common among physically fit swimmers, spear fishermen, and free divers. The risk of shallow water blackout is most dangerous when participating in repetitive, competitive prolonged breath-holding laps with little rest in between stages, particularly if intentional or unintentional hyperventilation occurs; and
- WHEREAS: Shallow water blackout can be prevented by maintaining safe conditions that deter potential hyperventilation, never swimming alone, and avoiding breath-holding games and the continued performance of underwater laps. When swimming competitively, individuals must breathe after each lap to avoid shallow water blackout; and
- WHEREAS: Citizens across the state are encouraged to educate themselves and others on the dangers of shallow water blackout, particularly during the summer months. Shallow Water Blackout Prevention Day provides the opportunity to increase public awareness of shallow water blackout and the steps necessary to prevent this medical episode from occurring; now
- THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim May 31, 2017, as SHALLOW WATER BLACKOUT PREVENTION DAY in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 11th day of April in the year of our Lord two thousand seventeen.



Nathan Deal
GOVERNOR

ATTEST

Chris W. Riley
CHIEF OF STAFF